



ALIVE! is.....

- *Food assistance for those who struggle to put food on the table*
 - *Monthly food distribution of up to 5 days of groceries*
 - *Home deliveries for elderly and disabled*
 - *Weekend food care bags for children*
- *High quality preschool for low-income working parents*
- *Financial assistance for rent, utilities, and medical care*
- *Furniture donations for families*
- *Household good donations*
- *Transitional housing program for women with children who are homeless, or at imminent risk of homelessness*

ALIVE! is – Alexandrians helping their neighbors.....

ALIVE! Most Wanted Foods

(Shelf-stable foods only - Foods listed in priority order)

- Canned meat (beef stew, chicken, etc.)
- Canned fish (tuna, salmon)
- Peanut Butter
- Cereal *
- Pasta (spaghetti, macaroni, etc.)
- Rice
- “Kid-friendly” single-serve entrees ** (e.g. microwavable mac & cheese or soups, tuna & crackers)
- Canned fruit *
- Canned vegetables
- Spaghetti sauce *** / canned tomatoes (sauce, diced, etc.)
- Cooking oil (vegetable, canola, etc.)
- Canned soup *
- Canned beans
- Jam / Jelly ***

Notes:

* Healthy choices, such as low / no-sugar added cereals and fruits, and low-sodium soups & vegetables, preferred.

** For distribution via the ALIVE! Weekend Care Bag program to children in Alexandria schools.

*** Please avoid glass containers whenever possible.

1 in 5 Alexandrians struggle to put food on the table...